

Adam Swartz

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Adam Swartz is a founder and Master Trainer. As a personal trainer for the last 12 years, Adam has developed a style of training that emphasizes the ability to relax and focus in the midst of intense physical challenges.

He has seen how this ability in the studio directly crosses over into the stresses we all face in our daily life. He sees the role of personal trainer as that of a partner, working towards the common goal of the client. As such, he utilizes a quiet, encouraging demeanor to facilitate his clients going beyond any preconceived limits they may have. He believes that small, consistent efforts are the gateway to permanent transformation. He holds certifications as a Medical Exercise Specialist, Resistance Training Specialist and a SuperSlow® trainer.